



The Franklin Farmers Market

Real Farmers. Real Food. Real Good.

E- Newsletter Vol 1, Issue 1

April 6, 2008

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This year we are happy to announce a number of initiatives that will make your shopping experience even more fun and family friendly. You are the reason we show up every Saturday and we hope you like what we have done.

First, we have extended the hours from 8 AM to 1 PM. For the families who have lots to do on a Saturday morning, we hope this will make it a bit easier for you to get out for Market Day. When you arrive, there will be live entertainment and fresh prepared food to satisfy your immediate hunger



pains.

Our Children's Garden will be expanded this year and will be staffed with a Kidz Captain who will offer some activities and supervision for your children. Throughout the season



Market opens May 3rd

Buying local tastes good and is good for your family and the farmer

The Franklin Farmer's Market is your place to come for farm fresh food in a family friendly locale. At our market, the vegetables, fruits and herbs are grown locally and travel direct from the fields to you. Most of the produce sold at the Market has been picked within 24 hours of being marketed and has traveled no more than 150 miles.

Much of the produce available in a grocery store has been trucked an average of 1,500 miles before it arrives in your kitchen. More often than not, they sell varieties that have been bred to travel well rather than taste good. By necessity, the food is processed and packed before it can ripen on the vine. There is a reason why some tomatoes taste like a sac of water and seeds. They have been bred for a durable skin and perfect shape and little else.

Because the nutritional value of all food declines as time goes on, fresher food means more vitamins and minerals are available for you and your family. Food raised on the land in your region may also enhance your immune system against local allergens. Fresher food may also be safer in that many bacteria grow in food as a consequence of being past ripe.

Grand Opening May 24th

Mark your calendars. Things are warming up and it is getting time for fresh strawberries. We have a wonderful selection of farmers, value added artisans and cooks in the Market Shed this year. May 3rd is our first Market day and May 24th we will have special music, dancers, kids time with Cool Moms Cares and lots more. We are now open til 1 pm.



we have scheduled special events that involve all ages in healthy old fashion fun.

Our music line-up has changed a bit too. For the early risers, you can still enjoy the bluegrass charm of the Franklin Square Pickers. At 10:45 we will have a variety of local acoustic performers and special performances from local dance and theater troupes.

So plan on bringing your family and friends to the Franklin Farmers Market and make Saturday mornings your market day where fresh food and family fun come together.

Quick Links

[Franklin Farmers Market](#)

[TN Organic Growers Assn](#)

[Local Table](#)

[Why Buy Local](#)

[Pick Tennessee](#)

[Tennessee Farm Bureau](#)

Another added benefit of getting your food at the Franklin Farmers Market is the financial support you give members of the community who farm for a living. These families steward large tracks of open space, soil fertility and watersheds in order to bring healthy food to us. Eighty to ninety cents of a dollar you spend at our Market goes to the farmer, whereas only about 3.5 cent/dollar spent at the grocery store gets back to the farmer.

So eat that yummy tomato fresh from the field. Enjoy a tender ear of corn or cool crunchy cucumbers. Do so with the confidence that when you buy fresh local food from at the Franklin Farmers Market, you are not only satisfying your taste buds, you are protecting your health and supporting the local economy.



Lunch is Served - and breakfast too

This year we will have a great selection of prepared food to satiate your early morning craving or to serve the family for lunch. Our anchor Food Court member is the Whole Foods Prepared Food Division. Their culinary team has proposed to feature as much as half of their fare using food directly from the farmers at the market.

The Factory's own coffee roaster, The Frisky Berry will have fresh brew and pastries. Our farmers have also been invited to bring a variety of home made foods that are both nutritious and tasty.

Lunch entertainment will include live music, children's activities and cooking demonstrations.

Upcoming Events:

Market Opens May 3rd, 2008

Grand Opening: May 24th

New Hours: 8 AM to 1 PM

Ribbon Cutting, Arts and Crafts Fair, special performances and loads to do for the kids.

The food you want a thousand miles closer: The Franklin Farmers Market behind the Factory.

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